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ISSO Weekly Newsletter, March 7, 2014

University of Northern Iowa. International Students and Scholars Office.

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Amana Colonies Trip Sign-Up

Our final trip of the semester will be on Saturday, April 5 to the Amana Colonies (<http://amanacolony.com/>) in Amana, Iowa. The bus will be leaving from Wisconsin Street behind Maucker Union at 8:30 am and returning at approximately 4:30 pm. Total cost of the trip is \$10 per student. Lunch may be purchased on your own. Come to the ISSO Office (113 Maucker Union) to sign up. Please bring \$10 cash (exact change) when signing up. This is a great opportunity to explore the German culture, do some shopping, tour museums and hang out with friends. Sign up closes Wednesday, April 2.

Lunch and Learn: Resume and Cover Letter Workshop March 12

Are you looking for a job or internship this summer? Do you need some guidance with your resume or cover letter? Come to our March Lunch and Learn on Wednesday, March 12 at noon in the State College Room in the lower level of Maucker Union. We will be bringing in knowledgeable Career Services staff to provide a brief overview of what to include in your cover letter and resumes and examples of each. Staff will also be on hand to review and provide feedback on your resumes and cover letters. Be sure to bring along copies that you would like reviewed! Also, there will be free lunch for all who attend and one lucky attendee will leave with a prize.

Ethnic Food Celebration: Costa Rica - March 13

On Thursday, March 13, ISSO will be hosting a Costa Rican Ethnic Food Celebration in the Center for Multicultural Education (CME) in Maucker Union starting at 6 pm. Stop by to taste some FREE traditional foods from Costa Rica.

ISSO is Hiring for an Office Assistant for the 2014/15 Academic Year

The International Students and Scholars Office is hiring for an office assistant for the 2014/15 academic year. If office work and assisting with events and programming attract you, please consider learning more about the position at <https://access.uni.edu/cgi-bin/finaid/employ/StudentViewsJob.cgi> and applying by March 28, 2014.

Full-Time Enrollment Requirement

This is a friendly reminder that all F-1 and J-1 students must be registered as full-time students. (12+ hours of undergraduate credit or 9+ hours of graduate credit). Being enrolled less than full-time without proper approval will result in the loss of your good immigration status and may prevent you from earning your UNI degree. Even worse, you could be arrested and deported from the USA! If you have questions, do not ask your friends, but ask the professional staff in the International Students and Scholars Office. You should review the reminders at this web page at least once per semester: <http://www.uni.edu/internationalservices/immigration-regulations>. Exceptions to the full-time rule are: certain academic difficulties (improper course level placement,

initial difficulty with American teaching methods), medical/health reasons, final semester of study, and graduate students working full-time on research or dissertation. ALL of these exceptions MUST be approved by the Immigration & Visa Coordinator in advance!

UNI International Students & Community Schools Cultural Exchange Program

ISSO is excited to announce a new cultural exchange program that involves UNI international students and local community school children. All UNI international academic students can volunteer to educate local school children about your country's culture and customs. Volunteer opportunities will be spread throughout the semester. You can choose to volunteer once a semester, once a month, once a week - whatever works for you! There are a variety of ways in which you can choose to do this, such as playing games, creating arts and crafts, cooking a national dish, presenting a slideshow about your country, or come up with your own original idea! If you like working with children ranging in ages between 5 to 13 years old, are excited about educating others about your culture, and you want to see a different perspective of American culture, then sign up to be a volunteer at <http://www.uni.edu/internationalservices/forms>. If you have any questions or want to know more information, please contact Bridget at international.services@uni.edu or (319)273-2862 or Maucker Union 113. We can't wait to get this program started!

International Student Design Competition

The International Students and Scholars Office has a newly remodeled office space and is in need of some artistic international design! This semester, ISSO will be sponsoring an international student design competition where UNI international students will have the opportunity to design one of six bookcase shelves to represent individual countries or regions. Winners will receive a \$500 scholarship (teams will split the scholarship) plus up to \$150 to cover the costs of materials. If you are interested - pick up a design form from ISSO or print the attached form and fill it out. Applications will be accepted from January 27-March 14 in the ISSO office. Winners will be announced April 4.

Optional Practical Training (OPT) for Eligible F-1 Students

If you have an F-1 visa and you are planning to graduate in May 2014, now is the time to think about applying for Optional Practical Training as you are probably eligible for this 12 month period of employment authorization within the U.S. See our website for more information on OPT at <http://www.uni.edu/internationalservices/f-1-student-employment-information>. You may also go ahead and schedule an application appointment with the Immigration and Visa Coordinator if you are ready to submit your application or if you have questions. Contact the Immigration and Visa Coordinator Ross Schupbach at Ross.Schupbach@uni.edu for questions.

Academic Training for Eligible J-1 Students

J-1 students can consider Academic Training if they would like to work off campus in the U.S. before or after graduation. See our website for more information on J-1 Academic Training at <http://www.uni.edu/internationalservices/j-1-student-employment-information>. You can also contact the Immigration and Visa Coordinator Ross Schupbach at Ross.Schupbach@uni.edu for questions and for a copy of the Academic Training Information and Application Guide.

Ask About English! A Workshop for International Students

Join Academic Learning Center Writing Coach Cassandra Tant for this workshop. You can register through March 30; come to all sessions or as many as you like. Bring your paper drafts or questions. Possible workshop topics include structuring academic essays, using and citing sources responsibly to avoid plagiarism, editing and proofreading strategies, using resources for self-correction, making sense of U.S. language and culture. Go to <http://www.uni.edu/unialc/index.html> to register. You'll be prompted for your CAT ID to access the list of workshops for Spring 2014 and to register online. Workshops meet in Room 35, ITTC on March 17, and March 31 from 3-4 pm.

Student Admissions Ambassadors (SAA) Taking Applications

The Student Admissions Ambassadors (SAA) are now taking applications for Fall 2014. Please apply at the following link: <http://uni.edu/admissions/saa>. The deadline for applications is Friday, March 28 at 5 pm.

Paper or Plastic and Other Food Myths March 11

Tuesday, March 11 from 3:30-4:30 in the University Room, Maucker Union. Which is better - paper or plastic? Is it healthier to use a cloth shopping bag? What can companies do to reduce, recycle, and reuse? These questions and more will be explored by a panel of experts. Information displays will be available as well as after-presentation conversation with the presenters.

Income Tax Season

Students may be hearing about W-2 forms and filing "income tax" returns for 2013. An income tax return is a report that you must make to the Internal Revenue Service (<http://www.irs.gov>) of the U.S. Government for any calendar year when you earn income in the United States. Fortunately, you do not need to do these alone. On Monday, March 10, the Volunteer Income Tax Assistance program will begin helping international students prepare 2013 income tax returns. Assistance will be available at the times indicated on the attached flyer. Income taxes can be confusing and complicated, so you are encouraged to seek free assistance from the V.I.T.A. volunteers. Be sure to bring your W-2 form from UNI and any other tax forms you have received or do receive before March 10. You will also need your I-20 or DS-2019 form, your passport and I-94 information. If you did not have a job in 2013, you should still file IRS form 8843, available here: <http://www.irs.gov/pub/irs-pdf/f8843.pdf> You will

only need to complete Part I and Part III before signing at the bottom of the form and sending it to the IRS at the address indicated in the instructions. April 15, 2014 is the deadline for filing all 2013 tax returns!

International Night at Cup of Joe March 8

Musical duo "Calle Sur" will host the 1st International Night at Cup of Joe. Starting at 8 pm, Saturday, March 8, Calle Sur will perform a variety of music from different parts of Latin America. Audience members will be encouraged to participate in the evening events with music, spoken word, anecdotes, dances, etc. All are invited and all are welcome (student, faculty, staff, general public). Although the emphasis will be Latin America, all cultures are welcome to share.

March's Student Health 101 is now available

So why should you read Student Health 101, the UNI online health and wellness magazine at <https://www.uni.edu/wellrec/index>? First, you can enter the March drawing for \$1,000 for checking out the March issue. And second, there are some great articles such as: the \$10 Challenge: How to Eat Healthfully on a Budget, 5 Questions to Answer in Your Cover Letter and Take Control of Your To-Do List.

Cedar Valley Cricket Club

We are very excited to inform all of the cricket enthusiasts in the Cedar Falls/Waterloo area about the formation of the Cedar Valley Cricket Club. If you want to just try out or have a desire to play leather ball cricket, please see the attached flyer and contact us at cedarvalleycricket@gmail.com.

Small Refrigerator for Sale - Price Reduced

Igloo 4.6 cubic ft refrigerator and freezer for sale. Bought in May for \$138, barely used, selling for \$50. Cash, first come, first serve, you remove. You may see it at the ISSO office.

Like and Follow Us!

Like us on Facebook https://www.facebook.com/UNI.ISSO?ref=tn_tnmn and follow us on Twitter https://twitter.com/ISSO_UNI to stay informed about ISSO news and events!

ISSO Office Hours

ISSO office hours are 8:00 a.m. to 5:00 p.m. Monday through Friday.

ISSO - Enhancing International Experiences

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International Students and Scholars Office

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Regular office hours 8:00 a.m. to 5:00 p.m.

Summer office hours 7:30 a.m. to 4:30 p.m.

The University of Northern Iowa provides transformative learning experiences that inspire students to embrace challenge, engage in critical inquiry and creative thought, and contribute to society.